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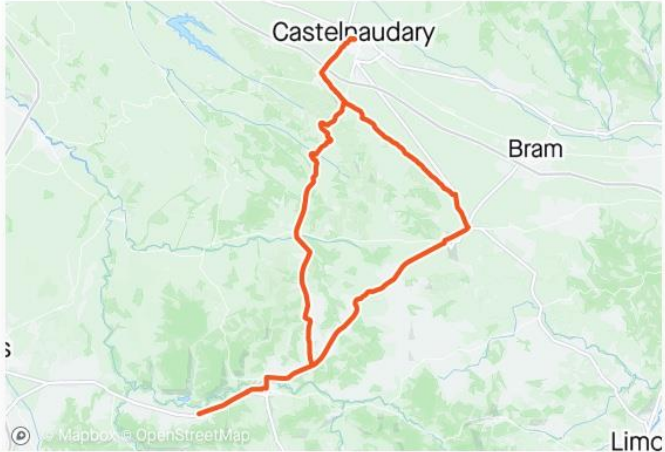

ITINERARY (example five-day itinerary) we can prepare one for you or work together to create your perfect experience.

DAY ONE	ROUTE	LEVEL
<ul style="list-style-type: none"> ▪ Pick up from Carcassonne or Toulouse Airport, private transfer to Velobnb. ▪ Check in ▪ Assemble bikes (help available, all tools provided in our bike barn). ▪ Buffet lunch on site (Vegan, Vegetarians catered for). ▪ Afternoon ride, 50 – 60 km to lac Montbel to check bikes okay and familiarise with the area. ▪ Stop off for post ride beer/coffee in Mirepoix. ▪ Back to Velobnb to chill out in the pool, play billiards etc. ▪ 3 course dinner at Velobnb. 	 <p data-bbox="1160 1134 1388 1161">10 November 2022</p> <p data-bbox="1160 1217 1361 1249">Lac montbel</p> <p data-bbox="1160 1289 1668 1321"> 🚲 59.6 km 🕒 2h 28m 🏔️ 345 m </p>	





DAY TWO		LEVEL
<ul style="list-style-type: none">▪ Leisurely cyclists' breakfast with a range of options to suit all tastes and dietary requirements.▪ Ride to Tour de France mountain passes : Col de Montsegur and Croix des Morts (124km, 1600 m).▪ Stop off for lunch▪ Head back to Velobnb▪ Afternoon drinks, cake.▪ Dine out: Fine dining experience at Chateau de Camon or similar.	 <p>24 July 2022 ★ ⋮</p> <p>Col de Montsegur et la croix d...</p> <p>🚲 123.5 km ⌚ 5h 6m 🏔️ 1,626 m</p>	




DAY THREE		LEVEL
<ul style="list-style-type: none">▪ Breakfast▪ Fast and Flat(ish) ride to Castelnaudary stopping off by the Canal du Midi for coffee before heading back to Velobnb for lunch and a chance to rest your legs before tomorrow's ride (85km, 750m)▪ Dinner out in Mirepoix Square.	 <p>17 June 2022 ★ ⋮</p> <p><u>Castelnaudary Canal du Midi</u></p> <p>🚲 84.6 km ⌚ 3h 30m 🏔️ 757 m</p>	



DAY FOUR		LEVEL
<ul style="list-style-type: none">▪ Breakfast▪ Big ride day, TDF climbs: Plateau de Beille a 16km climb averaging 7.7% topping out at 1784 elevation plus Col de la Lauze, 7.2km averaging 5%. Ride length (200km, 3000m)▪ Post ride drinks and lunch in Mirepoix Square.▪ 3 course dinner at Velobnb.	 <p data-bbox="1167 967 1335 991">2 March 2023</p> <p data-bbox="1653 962 1760 999">★ ...</p> <p data-bbox="1167 1046 1704 1082">Plateau de Beille, Col de le Lau...</p> <p data-bbox="1167 1121 1688 1150">🚲 197.1 km ⌚ 8h 9m 🏔️ 3,038 m</p>	



DAY FIVE		LEVEL
<ul style="list-style-type: none"> ▪ Breakfast ▪ Depending on flights, time to fit in a 50km morning ride or last-minute shopping. ▪ Lunch at Velobnb ▪ Pack bikes and private transfer to the airport 		

Prices May – October

No. nights	Single occupancy	Double occupancy	Non - cyclist
5	£595	£495	£350
6	£695	£595	£450
7	£795	£695	£550



How to Book

£50 deposit per person on booking
50% payable 3 months before experience with final balance 30 days before.
Pinarello Dogmas available to Hire from £200 for 5 days.

Payable by bank transfer
Name: Beata King
Sort Code: 04-00-75
Account 13824570

Call +44 7973361624 or email velobnbfrance@gmail.com to book.

What's included

- Welcoming drinks and lunches where specified.
- 5,6,7 nights B&B accommodation.
- 3 Course Dinner and Drinks at Velobnb where specified.
- Post ride drinks, cake at Velobnb.
- Private transfer to/from restaurants and nights out
- Private airport transfers from Toulouse or Carcassonne airport

What's not included

- Flights (suggest Toulouse or Carcassonne)
- Insurance



- Bike Rental (Pinarello Dogmas available from £200 for 5 days, please book in advance)
- Incidental Expenses
- Local lunches, dinners, drinks
- Velobnb Honesty bar.
- Tax de Sejour (tourist tax €1.27 per person, per night)

Refund/Cancellation Policy

- Fully refundable upto one month before.
- Within one month please use travel insurance or we will try our best to swap your place with someone else so we can fully refund you.